Lafayette Lifestyles

A Treasure Chest of Activities for 55 Plus

FALL 2004

The Lafayette Senior Recreation Center and The City of Lafayette Senior Services Center have joined together to offer a variety of Recreation Activities. We hope you enjoy Lafayette Lifestyles!

Join Us For:
Classes,
Holiday Events,
Health Awareness,
Workshops,
Social Events,
Travel

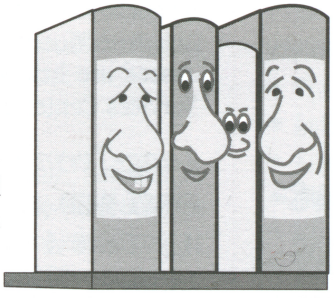
Flu, Pneumonia & Tetanus/Diphtheria Shots

Given by Contra Costa County Communicable Disease Control

Tuesday, Oct. 26 • 2:00 – 3:30 pm
Lafayette Community Center, Manzanita Room

Cost: Flu: $5; Pneumonia: $15; Tetanus/Diphtheria: $15
No one turned away for inability to pay.

Lafayette Senior Book Club



Get together with old friends and new. Launch a Senior Adults Book Club! If this idea intrigues you, call the Lafayette Senior Services Office at 284-5050. With the expert assistance of Dave Simpson, owner of the Lafayette Book Store, we can help the group get started and offer our facilities as a comfortable and accessible venue.

First Meeting: Mon, Oct. 18 • 11:00 am – Noon
Laf. Senior Services Center: Alder Room

55-ALIVE Defensive Driving

This course will help you refine existing skills, develop safe, defensive driving techniques and may help lower your insurance premium. Includes tips on accident prevention and how to avoid stress while driving.

Sat: Nov. 13 • 8:30 am – 5:00 pm *(bring a lunch)*
Laf. Senior Services Center: Elderberry Room

$10.00 per person *(check payable to AARP)*
Before mailing check, please call Senior Services Center at 284-5050 to determine vacancy.

Mail check to: Lafayette Senior Services Center, 500 St. Mary's Rd., Lafayette, CA 94549

Important: Class is limited to 25 **PAID reservations, on a first-come, first-served basis on the date we receive your check.** Withdrawal or transfer to another 55-Alive class must be made at least 7 days prior to original class date. No refunds if less than 7 days. Next 55-Alive class scheduled for Sat: 2/5/05.

Free Presentation

Does This Guy Have Your Name and Number?

A Community Forum on Identity Theft & Fraud Co-sponsored by the Lafayette Crime Commission, the Laf. Police Department, and Laf. Senior Services.

In the fast lane of life today, it is far too easy to be the victim of a crime where the face of the crook is invisible and the criminal act itself undetectable until it is too late. Learn what the experts have to say about protecting yourself and your family through simple strategies. Topics we will cover include common sense steps to guard your own Social Security number, credit cards, bank ID, and mail deliveries; what not to say to telemarketers, home service contractors, and other persons unknown to you; and how to obtain and use a free credit report as a way of detecting a problem.

Bring your friends, neighbors, and family. Ask questions. Share your story for the benefit of others. We promise that you will come away with at least two startling facts that will alter your perception of how you might be at risk in today's world.

To sign up and reserve a space, call the Laf. Senior Services Center at 284-5050. There is no charge.

Tuesday, Nov. 16 • 10:00 am – Noon
Lafayette Community Center, Elderberry Room

Free Presentation

Finding Your Way Through the Maze: the New Medicare Prescription Drug Card Program

Having trouble understanding the new Medicare Prescription Drug Card Program and what it means to you? You are not alone. Join us to unscramble, as best as we can, the new program which became official June 1st. AARP consultant Wally Ebright will be on hand to give you the scoop and to answer your questions. He will also cover the new Medicare Modernization Act which will be in place in 2006.

Call the Senior Services Center at 284-5050 to sign up.

Wednesday, Oct. 20 • 10:30 am – Noon
Lafayette Community Center, Live Oak Room

Free Presentation

What Will Your Future Look Like?

As you move through the later stages of your life, what will your future look like? If you have a sudden change in health, how do you want to manage your life? Planning for one's later years is often difficult. Knowing what options are available can make the process easier. Session is designed to examine life changes that people face as they move into their '70's, '80's, and '90's, and to explore alternatives for navigating a life plan during those years.

Barbara Schuh, MA, CMC, is a licensed geriatric care manager, and owner of Companion Care, an in-home care agency in Lafayette. With over ten years of experience in the field of aging, Barbara serves on several local, state and national committees advocating for older adults.

To sign up, call the Lafayette Senior Services Center at 284-5050.

Thursday, Dec. 2 • 10:30 am – Noon
Lafayette Senior Services Center, Elderberry Room

Free Seminar

Diablo Valley Foundation for the Aging Presents:

Taking the Fear Out of Managing Your Financial Well-Being

- How to start grappling with all that paperwork – your bank accounts, investments, and other important tangible assets.
- Putting it all in order so that a professional can step in and begin to help. (What IS a fiduciary?)
- Making sure your dreams become a reality.

DVFA Executive Director, Sandra Medvedoff, is a member of the Professional Fiduciary Association of California and the National Association of Professional Geriatric Care Managers. She has devoted many years to the concerns of aging adults. Bring friends and family members who wish to share in the conversation with Sandy and her staff both during the event and afterward with you at your home. Light refreshments will be served.

Thursday, Oct. 28 • 10:00 – 11:30 am
Lafayette Senior Services Center:
Alder/Elderberry Rooms

Senior Services

SENIOR INFORMATION & REFERRAL:

925-335-8720 OR 1-800-510-2020
Information on senior services in the central county

NEED A RIDE?

The County Connection Link is a door-to-door, advance registration, dial-a-ride service in central Contra Costa County. Call **938-7433** for an application form.

CONFUSED ABOUT LONG TERM CARE, HEALTH INSURANCE, MEDICARE, HMOS, SUPPLEMENTAL INSURANCE?

Are you concerned about your health insurance coverage? Are you over-insured or worse, under-protected? HICAP (Health Insurance Counseling and Advocacy Program) volunteers offer personal/private consultation in all the complexities of senior health services and offer sound, practical advice. All matters discussed are held in strict confidence. Call the Lafayette Senior Services Center at **925-284-5050** to make your appointment.

Long-Term Care Insurance

FIRST WED. MONTHLY
***App. Dates & Times:* 10/6, 11/3, 12/1 at 10:00 or 11:00 am**
Lafayette Senior Services Center, Alder Room

Health Insurance (HMO's, Medicare, Kaiser, etc.)

THIRD TUES. MONTHLY
***Dates & Times:* 10/19, 11/16 at 10:00, 10:45 or 11:30 am**
Lafayette Senior Services Center, Alder Room

Free Legal Assistance for the Elderly

- **Landlord/Tenant Problems**
- **Medi-Cal Eligibility/Coverage**
- **Rights of Nursing Home & Long-term Care Residents**
- **SSI Overpayment**
- **Durable Powers of Attorney**

FIRST FRI. MONTHLY
***Appointment Dates/Times:* 11/5, 12/3 at 10:00 or 11:00 am**
Lafayette Senior Services Center, Alder Room

Tea Dancing

Enjoy afternoon Tea Dancing and light refreshments in the spacious Live Oak Room. Music compiled by D.J. Dan Foley. No charge for first-time men!

Every Wednesday:
1:00 – 3:30 pm
LCC: Live Oak Room
$2 fee covers
Light Refreshments

Election Recovery

Tea Dance Party!

Recover from the onslaught of mudslinging political campaign coverage and those tedious candidate phone calls. Join us for an afternoon of tripping the light fantastic with special "Presidential" refreshments and a chance to win a raffle prize.

Wednesday, Nov. 3 • 1:00 – 3:30 pm

We thank Take One Video, Lafayette Book Store, and Papillon Gourmet Coffees in Lafayette for their generous raffle contributions!

Emeritus College

Classes in Lafayette and Moraga

Emeritus College is a non-profit program of Diablo Valley College whose goal is to provide educational opportunities for adults. Their motto is No homework, No tests, No kidding! To Register, call DVC at 685-1230 ext. 2388.

Traditional English High Tea

Learn how to make tea with sandwiches, scones with clotted cream and desserts.

Monday: Nov. 15 • 2:00 – 4:00 pm • Instr: Helen Stimson
Laf. Senior Services Ctr, Alder Rm • $16 ($14 EC Members)

Shakespeare on Love – *Movies and Lecture*

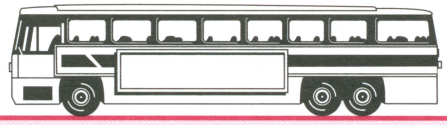
We will view excerpts from *Romeo and Juliet* and *A Mid-summer Night's Dream*.

Mondays: Nov. 1–29 • 1:00 – 3:00 pm • Instr: Bill Harlan
LCC: Sequoia Room • $40 ($35 EC members)

The Magic of Opera

Is it the words, the music, or the themes of love, hate, betrayal, or humor that hold our interests? We will consider the relationships of the words to the music. (Call 284-5050 to find out which operas were picked.) This class is conducted from the piano.

Tuesdays: 11/2–12/7 (skip 11/23) • 1:00 – 3:00 pm
Moraga Hacienda de las Flores, Fireside Room
Instr: Jerry Kuderna, Ph.D. • $40 ($35 EC members)



Transportation Forum

Tuesday, October 5 • 10:00-11:30 am
Lafayette Community Center, Elderberry Room

An Opportunity to Talk About the Challenges of Getting Around Your Community

Come interact with a panel of transportation professionals and concerned citizens concerning the challenges many of us face in getting to and from places such as shopping and medical appointments.

Where do you typically need to go in an average week? How hard is it to get there and to get back home? In the near future, will this change? What kind of bus, van, or individual driver services would you like to see? Are you aware that someone close to you or a neighbor may be feeling increasingly isolated because they cannot get a ride?

Your participation in this discussion is very important as we must hear from you in order to begin to tackle the problem. Bring your friends and relatives. To let us know you are coming, or if you need a ride, call the Senior Services Center at 284-5050.

Dickens Holiday Open House

& Free Lecture

Co-sponsored by Emeritus College of Diablo Valley College and the Lafayette Senior Services Center

Friday: Dec. 10 • 10:30 am – 2:00 pm
(Lecture 10:30 am – Noon)
Laf. Senior Services Center, 500 St. Mary's Rd, Lafayette

A warm holiday welcome is extended to adult Lafayette and Moraga residents and guests to visit the Laf. Senior Services Center and enjoy a free lecture – **"An Interlude with the Master of the Holiday Season: Charles Dickens"** (see below). Festivities include music with a Dickens flavor, some delectable eats, and an opportunity to meet folks. We will be conducting a raffle drawing for wonderful prizes.

Call ahead at 284-5050 to sign up, and you'll <u>double your chances</u> to win any of these great prizes:

- Postino's Restaurant: $100 Gift Certificate
- Lafayette Parks & Recreation: $25 toward any class
- Emeritus College: One Free Class of your choice
- Chow Restaurant, Lafayette: $50 Gift Certificate
- Kinko's: 100 B/W Copies (single sided)
- Papillon Gourmet Coffees: Coffee Card worth up to $45
- Take One Video: 3 Movie Rental Certificates, each for 5 movies
- Ladies Workout Express: $200 worth of Workout Passes
- Lafayette Book Store: $15 Gift Certificate
- The Renaissance Park Theater in Lafayette: Movie Pass for Two
- Contra Costa Stationers: Fine Pen, value $50

We are extremely grateful to our generous and supportive local merchants for their Dickens Holiday Open House Raffle Prizes.

Free Lecture

An Interlude with the Master of the Holiday Season: Charles Dickens

***Lecture presented by Dr. Sue Harvey* • 10:30 am – Noon**

As much a part of the holiday season as wreaths, trees, turkeys, and, of course, the Nutcracker, that inimitable novelist of the 19th century, Charles Dickens, carved an immortal niche for himself with his creation of that crusty curmudgeon, Ebnezer Scrooge, whom the holiday season blesses with a re-discovery of the real meaning of Wealth – the Power to Do good. Instructor: Sue Harvey, Ph.D. English and Literature, is a former instructor at Stanford University and Tufts University, a featured speaker for Elderhostel, and a popular Emeritus College faculty member.

Free Lecture: LCC: Sequoia Room
Open House: LCC: Alder & Elderberry Rooms

Great Trips

Sponsored by the Lafayette Seniors Recreation Center and the Moraga Hacienda Seniors Club.

Call **Dottie Baker at 925-254-3271** to make reservations and to receive payment instructions.

Mexican Riviera

Oct. 22–Nov. 1 ❖ Round trip from San Francisco
$1,107 – $3,450/person

River Rock Casino

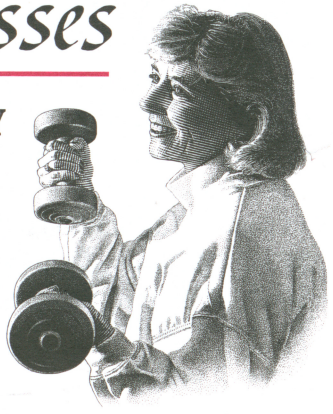
Monthly *(Call Dottie for dates)*
$25/person with
$20 Bonus & Free Lunch!

Irving Berlin's "White Christmas"

Dec. 18 ❖ $134/person

A hosted luncheon buffet at the Marriott Garden Terrace Restaurant. Transportation, taxes & gratuities included.

Exercise Classes



▶ MONDAY–WEDNESDAY HEART SHAPERS

Low impact exercise for men and women over 55. Enhance flexibility, strength, cardiovascular endurance and coordination. Bring floor mat and water.

Mon & Wed: 9/13 – 12/15
14 weeks (skip 11/24)
9:00 – 10:00 am • FEE: M&W: $94.50 • M or W: $48
LCC: Manzanita Room • Instr: Katherine Hawksworth

▶ MONDAY–WEDNESDAY MUSCLE SHAPERS

Muscle toning with light weights for men and women over 55. Firm, tone & add definition to muscles in lower & upper body. Bring a mat and 2 pairs of hand weights. Men: 5 & 8 lb. sets. Women: 3 & 5 lb sets.

Mon & Wed: 9/13 – 12/15 • 14 weeks (skip 11/24)
10:15 – 11:15 am • FEE: M&W: $94.50 • M or W: $48
LCC: Manzanita Room • Instr: Sherry Ayers

Senior Services Commission Meetings are open to the public and take place at the Lafayette Community Center
10:00 am • Alder Room.
Next meetings: 9/22, 11/17

Free Workshops

Looking Good, Feeling Good

Looking and feeling good depends not only on what you do to manage your outer appearance but also your internal outlook. Join us as we explore our self image as the years go by. Garner tips and guide-lines from Marjory DeRoeck who has worked in the field for over 15 years. She will help you express your own unique and personal style and surprise you with some tricks of the trade. Men as well as women are welcome. Please call the Laf. Senior Services Center at 284-5050 to sign up and reserve a spot.

Monday: Nov. 8 • 10:30 am – Noon
Laf. Senior Services Center, Elderberry Room

Two Free Workshops by Anne Randolph, RPT

Call the Laf. Senior Services Center at 284-5050 to register for either workshop. You will be contacted only if the workshop is cancelled. Please call if you need to cancel your pre-registration.

Abatable Arthritis

Muscle control is responsible for 80% of the support of your joints. Come and learn exercises to control pain, improve function, and protect your joints.

Friday: Sept. 24 • 10:00–11:00 am • LCC: Elderberry Room

Striding With Stroke

Whether you have experienced minor or major disability due to a stroke, or whether your stroke was recent or years ago, there are exercises and handy hints to help you maintain your abilities and independence at any level. Veteran Physical Therapist Anne Randolph, RPT, has learned from experience that early intervention can help. Join Anne at this FREE beneficial workshop.

Friday: Oct. 22 • 10:00 – 11:00 am • LCC: Elderberry Room

▶ LAFAYETTE SENIOR RECREATION CTR

Dottie Baker: 925-254-3271
United Methodist Church, 955 Moraga Rd. (non-affiliated)

Open 2nd and 4th Thursday from 10:00 am – 3:00 pm, the Center offers monthly programs, a variety of trips and year-round events for anyone age 55+. Activities include a full catered birthday lunch on the 2nd Thursday ($5), a light catered lunch on the 4th Thursday of each month with Bridge and Bingo ($1). Annual membership dues are $6 and entitle you to a monthly newsletter that showcases upcoming programs & excursions.

▶ LAFAYETTE SENIOR SERVICES CENTER

500 St. Mary's Rd., Alder Room • 925-284-5050

The Lafayette Senior Services Center offers a convivial atmosphere for seminars, workshops, health/legal counseling, bridge and a variety of classes. The Senior Services Center staff will answer questions regarding the many services that are provided.